

Tai Chi

**\$45.00
per
8-week
session**

This low-impact, slow motion exercise can help individuals experience an increase in balance, muscle tone, and reduce stress. It is a gentle form of exercise that can prevent or ease many ills of aging.

New Village Recreation Center

20 Wireless Road, Centereach, NY 11720

Mondays, 11:00AM - 12:00PM

January 27, February 3, 10, 24, March 2, 9, 16, 23

Pre-register by Thursday, January 23, 2020

\$45.00 per 8-week session

Call 631-732-2338 for more information or to register.

*Acceptable payments include check, money order & credit card.

*No cash payments accepted.

*All cancellations, except by the Town, are subject to a 15% administrative handling fee.



Visit us on the web:
www.BrookhavenNY.gov

[www.Facebook.com/BrookhavenParks](https://www.facebook.com/BrookhavenParks)

Edward P. Romaine, Supervisor
Edward P. Morris, Commissioner
TOWN COUNCIL
Valerie M. Cartright, District 1 Michael Loguercio, District 4
Jane Bonner, District 2 Neil J. Foley, District 5
Kevin J. LaValle, District 3 Daniel J. Panico, District 6
Donna Lent, Town Clerk
Louis Marcoccia, Receiver of Taxes
Daniel P. Losquadro, Superintendent of Highways
631-451-TOWN